

## Learn the Signs. Act Early.

**T**he journey of your child's early years includes many developmental milestones for how he or she plays, to learn what to look for in your child. Talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

*If you have concerns about your child's development and live in Alameda or Contra Costa County, here is who you can call for further support:*

## — Contra Costa County —

### Regional Center of the East Bay

*Serving Alameda and Contra Costa Counties*  
(510) 618-6100 • [rceb.org](http://rceb.org)

### Care Parent Network

*Serving Contra Costa County*  
(925) 313-0999 • (800) 281-3023  
[careparentnetwork.org](http://careparentnetwork.org)

### First 5-Contra Costa County

CALL 2-1-1 • [www.first5coco.org](http://www.first5coco.org)

### Special Education Local Plan Areas (SELPA)

#### West Contra Costa Unified School District/SELPA

(510) 231-1445 • [www.wccusd.net/cameron](http://www.wccusd.net/cameron)

#### Contra Costa SELPA

(925) 827-0949 x 10 • [ccselpa.org](http://ccselpa.org)

#### San Ramon Valley Unified School District/SELPA

(925) 552-5004 • [www.srvusd.k12.ca.us](http://www.srvusd.k12.ca.us)

#### Mt. Diablo Unified School District /SELPA

(925) 825-0144 • [mdusd.org/departments/special\\_ed](http://mdusd.org/departments/special_ed)



## — Alameda County —

### Regional Center of the East Bay

*Serving Alameda and Contra Costa Counties*  
(510) 618-6100 • [rceb.org](http://rceb.org)

### Family Resource Navigators

*Serving Alameda County*  
(510) 547-7322 • [familyresourcenavigators.org](http://familyresourcenavigators.org)

### Help Me Grow-First 5 Alameda County

(888) 510-1211 • [first5alameda.org/help-me-grow](http://first5alameda.org/help-me-grow)

### Special Education Local Plan Areas (SELPA)

#### Oakland Unified School District/SELPA

(510) 879-8154 • [ousd.org/Domain/130](http://ousd.org/Domain/130)

#### Mid-Alameda County SELPA

*Serving Castro Valley, Hayward, San Leandro, and San Lorenzo*  
(510) 537-3000 x 1200  
[cv.k12.ca.us/district/educational-services/special-education](http://cv.k12.ca.us/district/educational-services/special-education)

#### Mission Valley SELPA

- Fremont Unified School District:  
(510) 651-1190
- New Haven Unified School District:  
(510) 471-1100 x 60425
- Newark Unified School District:  
(510) 818-4209  
[fremont.k12.ca.us/mvselpa](http://fremont.k12.ca.us/mvselpa)

#### North Region SELPA

(510) 525-9806 • [www.northregionselpa.org](http://www.northregionselpa.org)

#### Tri-Valley SELPA

(925) 426-9144 • [tri-valleyselpa.org](http://tri-valleyselpa.org)



Centers for Disease  
Control and Prevention

[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)  
1-800-CDC-INFO



# Track Your Child's Developmental Milestones

*For parents of children from birth to 4 years*



Learn the Signs. Act Early.

*Your child's early development is a journey. Use this map of milestones to know what to look for along the way.*

*This brochure developed and provided by*



# Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.



These are just a few of many important milestones to look for. For more complete checklists by age visit [www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly) or call 1-800-CDC-INFO.